LETTERS@METRO.US

TAYLOR LAUTNER: LONE WOLF {page 12}

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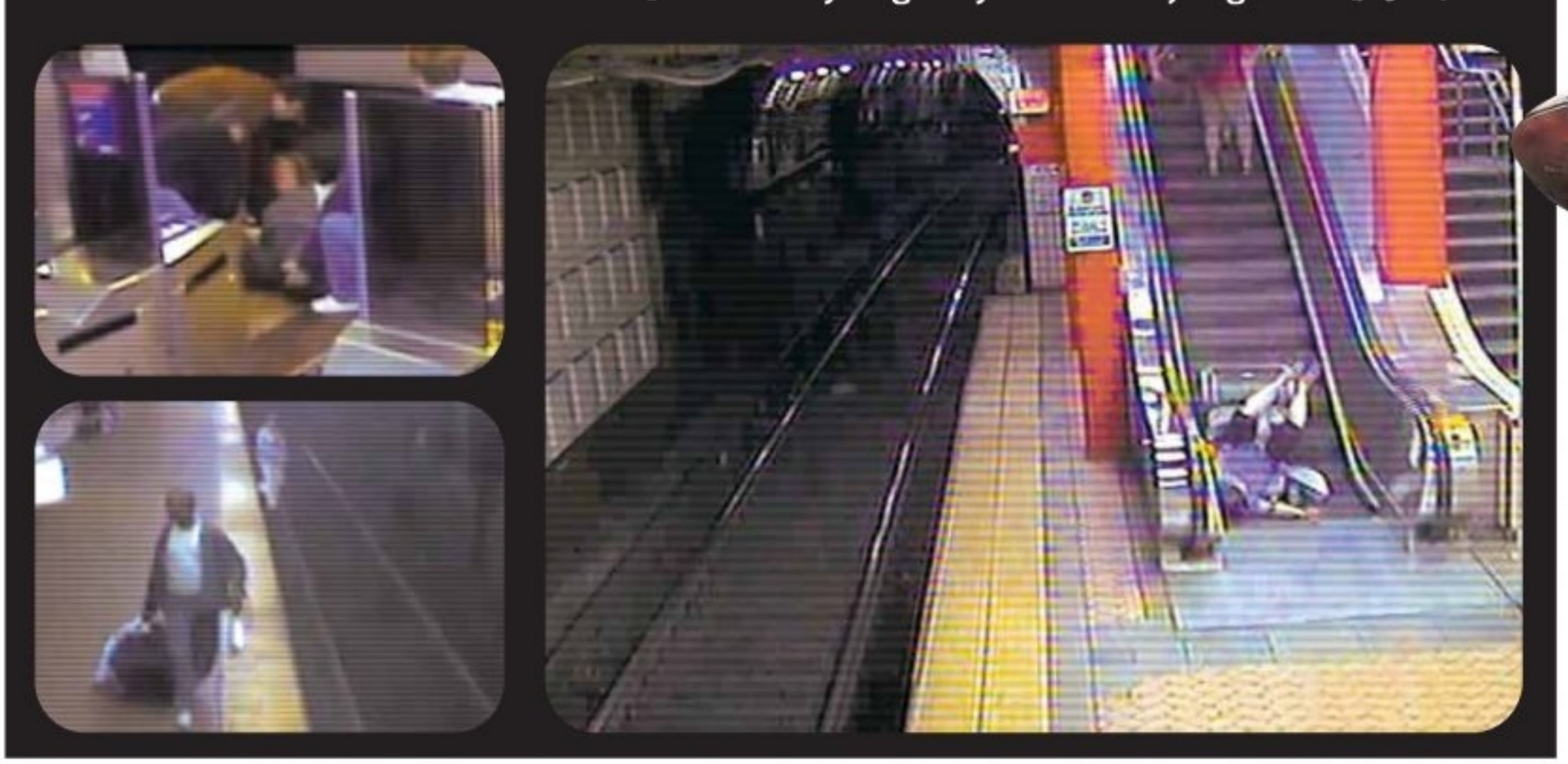
BOSTON
Monday, November 19, 2012

Taking too many tumbles on the T?

The MBTA often posts video of people falling; some go viral ◐ Two incidents on the Red Line in the last week ◐ ACLU says agency uses bad judgment {page 02}



films

Finding 'Silver Linings' in mental illness

Bradley Cooper on the nuances of playing a bipolar character in new film {page 17}

sports

No Luck involved: Pats demolish Colts

Team ties franchise record for most points scored in 59-24 spanking of Indy {page 28}

1

By the numbers

7K

United Way of Massachusetts Bay & Merrimack Valley's 15th Annual Thanksgiving Project handed out 7,000 Thanksgiving meal packages on Saturday to families in 13 communities. The largest collective initiative of its kind in the Greater Boston area, the Thanksgiving Project has grown exponentially over the last four years in the face of rising need, from serving 1,000 families in 2009 to 7,000 today. METRO

Today's local tweet

"these drunk college kids walking home are the sole reason I'm awake at 2 am #southie #bye"

@AVERYCALLAHAN DIDN'T SLEEP PEACEFULLY OVER THE WEEKEND

In the news

Tufts University student hit by car

SOMERVILLE. A Tufts University student is in critical condition after he was hit by a car in Somerville Thursday night.

The 21-year-old student, a Somerville resident, was struck as he crossed Powder House Boulevard and Packard Avenue around 8:20 p.m. and was taken to Massachusetts General Hospital, where he remains in critical condition, police said.

The driver of the vehicle, also a Somerville resident, is cooperating with police, but investigators are hoping to speak with the witnesses and are urging anyone with information about the crash to call police at 617-625-1212. GLOBE

More construction in Seaport District

BOSTON. Pier 4 broke ground on Boston's waterfront Friday, kicking off construction of a 21-story apartment tower that will offer 369 apartments, including 50 micro units, as well as 10,000 square feet of retail and 258 underground parking spaces.

The $195 million project is the latest housing development in what the city is calling the "Innovation District." It will join the Boston Wharf Tower, 63 Melcher Street, West Square and Waterside Place. METRO

Metro's newspaper boxes going orange

BOSTON. Over the next few weeks, Metro will be replacing hundreds of our existing newspaper boxes with new, brightly colored orange boxes.

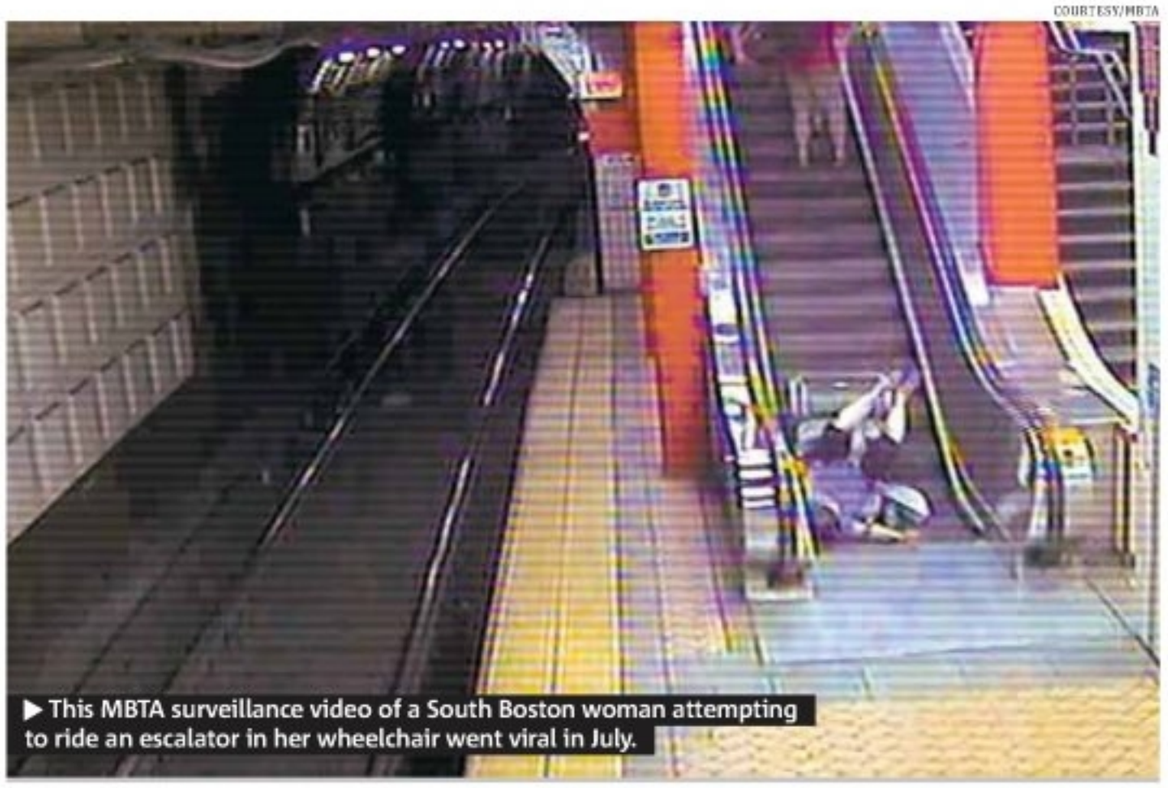
Approximately 200 of the green, metal boxes will be replaced with orange, plastic boxes throughout portions of Boston proper.

The new boxes are sleeker and can better withstand the often harsh New England weather conditions. METRO

Watch your step

If you have an 'I've fallen and I can't get up' moment on the MBTA, it might be made public ACLU says agency is using poor judgment posting videos Metro looks at some of the most famous T tumbles

COURTESY/MBTA



▶ This MBTA surveillance video of a South Boston woman attempting to ride an escalator in her wheelchair went viral in July.

A woman was pulled off the tracks at Andrew Station last Tuesday after taking a terrifying tumble onto the tracks — and like much of the activity that happens along the MBTA, it was caught on camera.

It is not uncommon for the MBTA's YouTube account to offer surveillance videos of unusual incidents — a man jogging shirtless on T tracks, or customers stumbling off the platforms — giving some unfortunate riders a solid 15 minutes of shame.

The ACLU, however, is not impressed with the T releasing video of a woman in a wheelchair falling after attempting to ride an escalator at Broadway Station in July, saying the MBTA "clearly exercised poor judgment when it publicly posted a video of someone having a possibly life-threatening but unquestionably embarrassing accident."

"I think most T riders would not want their real-world traumas to be used as MBTA publicity stunts," said Kade Crockford, director of the ACLU of Massachusetts Technology for Liberty Project. "The incident should serve as a warning to remind us all that the people who wield the power to watch us as we go about our ordinary lives are capable of exceedingly bad judgment."

A lesson learned?

Perhaps one of the most famous T-released videos also serves as a cautionary tale for people who opt to take public transportation after a night of drinking.

In November 2009, a 26-year-old Boston woman made headlines after surveillance video showed her drunkenly stumbling around and falling onto Orange Line tracks moments before a train pulled into the station.

Quoted: The 'Red Line Mom'

"I wasn't upset that they released the video of me falling with my son. Personally, I was scared to watch it — but it doesn't really bother me that it's out there."

MEERA THAKRAR, AN ATTLEBORO WOMAN WHO FELL ONTO THE RED LINE TRACKS AT KENDALL STATION IN AUGUST

MBTA Spokesman Joe Pesaturo told Metro that transit officials started releasing surveillance videos of incidents on the T after cameras were installed throughout the subway.

When asked why, he said that local media outlets make a request for video after an incident is reported. He said he is not aware of the transit agency getting any complaints from people caught on camera.

In fact, viewers seemed to eat up the wheelchair incident: It had 683,086 views on YouTube as of yesterday, not to mention a barrage of comments poking fun at the 56-year-old South Boston woman.

When asked whether releasing videos of people falling and being pulled from tracks may help riders be more aware of their safety while on the T, Pesaturo said, "Such incidents are few and far between. Millions of people travel throughout the subway regularly without any incidents whatsoever."

Meera Thakrar, who in August fell onto the tracks at Kendall Station while carrying her young son, told Metro yesterday that she was not angry the T released the video of her tumble, however she said the T should work on keeping customers off the tracks since there "seems to be a trend [of falling] on the Red Line."

"I wasn't upset that they released the video of me falling with my son," Thakrar said. "Personally, I was scared to watch it — but it doesn't really bother me that it's out there. I do think that overall [the MBTA] has to work on it, because I don't know why, but I see on the news all these people falling on the tracks."

MORGAN ROUSSEAU
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More cameras equal more videos

In July transit officials told Metro that over the next two to three years, the MBTA will install a "significant" amount of surveillance cameras throughout the system to help them fight crime, and solve fire and accident investigations.

Rescue Mission. Thanks

▶ "As the holiday season draws near, it is important that we come together as a community to help those in need," Patrick said yesterday. "I am proud to join the Boston Rescue Mission in their efforts to ensure that no one goes hungry this Thanksgiving holiday."

ERIK BALDASSARI/METRO

Rescue Mission holds its Day of Thanks

Governor Deval Patrick was one of many leaders yesterday to participate in the Boston Rescue Mission's annual Day of Thanks dinner on Kingston Street. Dozens of volunteers, mission staff and local officials gathered to celebrate the day by providing hundreds of hot meals and complete holiday food baskets to families in need. The mission has hosted the annual Day of Thanks event for the past 18 years. METRO

On her way to court, woman accused of choking, striking dog

COURTESY PHOTOS

▶ Prado

▶ Dolce

A Nevada woman missed her arraignment on drug trafficking charges last week because she was busy getting arrested at South Station for allegedly beating and choking her Yorkshire terrier, Dolce.

Ana Prado, 26, of Henderson, Nev., was arraigned in Superior Court Friday on charges of trafficking more than 200 grams of oxycodone. She was originally due in court Thursday on that charge, but missed it because Transit Police arrested her on an animal cruelty charge after she was seen allegedly abusing the dog.

A witness told transit police that around 7:45 a.m., while in a public restroom at South Station, Prado punched the dog three times and lifted her into the air by the leash, essentially hanging her by the neck. An MBTA employee later told police she saw Prado kick the dog.

Prado was arrested for animal cruelty and the dog was handed over to the Massachusetts Humane Society.

According to prosecutors, Prado was first arrested on Sept. 14 after an employee at the Logan Airport Hyatt Harborside found two latex gloves filled with pills in Prado's room after she checked out. State Police were informed and arrested Prado when she returned to retrieve the drugs, which tested positive for oxycodone.

Prado was released on personal recognizance, and was ordered to wear a GPS monitoring device and to not leave the state without permission.

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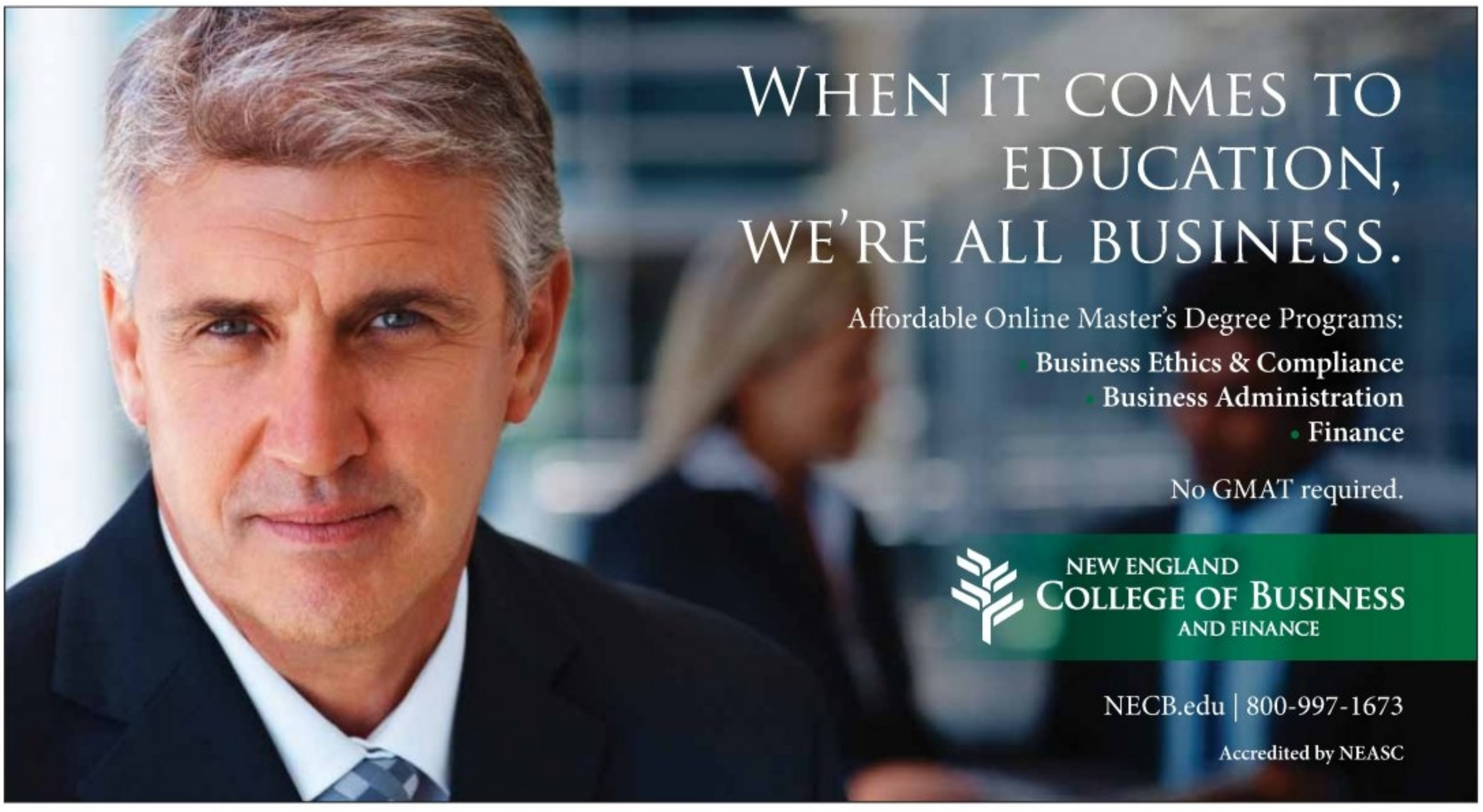

Series of break-ins reported in North End and South End

Boston Police on Friday were able to nab a man suspected of multiple South End burglaries.

Around 2:47 a.m. Friday, officers responded to a call for a breaking and entering at The South End Buttery, a cafe on Shawmut Avenue.

An employee there said that while cleaning, he saw the suspect, later identified as 44-year-old Juan Maddox of Boston, carrying a computer, coffee maker and a label maker. The employee said Maddox fled the area through a nearby alley toward Tremont Street, after the employee noticed damage to the restaurant's door.

Less than an hour later, officers responded to a call at 200 Newbury St., at Niketown, which had damage to a front window. A store employee later told police an undetermined amount of Nike jackets were stolen.

Employees at a 7-Eleven convenience store on Dartmouth Street told police that a man came by trying to sell the Nike brand clothing and the merchandise was later found abandoned outside the store.

Around 4:30 a.m., some men at another 7-Eleven store near West Newton and St. Botolph streets were found with what appeared to be stolen Nike clothing with tags still attached. They told police they found the clothing on Blackwood Street and St. Botolph Street.

Just 15 minutes later, Northeastern University Police observed a man fitting Maddox's description near Tremont and Northampton Street, allegedly wearing a yellow Nike LiveStrong sweatshirt and carrying several Nike items.

Maddox was charged with breaking and entering into a building, larceny over $250, receiving stolen property and malicious destruction of property.

NICOLAUS CZARNECKI/METRO

▶ The North End saw residential burglaries, but it was businesses that were burglarized in the South End.

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North End break-ins

In addition to the South End burglaries, police on Friday were also searching for the suspects in two North End residential burglaries.

Around 5:45 p.m. Friday, Boston Police responded to a call of robberies at two apartments on Salem Street.

Two female victims said that upon arriving home, they found their front doors had been forced open, and belongings had been taken.

Another male victim said his front door was damaged, but the person who tried to get inside was unsuccessful.

New T general manager to greet riders today

During today's rush hour, some Boston commuters may get a handshake from the next head of the MBTA.

Dr. Beverly Scott, who will start her new job as general manager of the MBTA on Dec. 15, was scheduled to greet T riders between 7:30 and 9 a.m. today at North, Back Bay and South stations.

NICOLAUS CZARNECKI/METRO

▶ Scott

Interim General Manager Jonathan Davis was expected to join Scott as she mingles with riders on the Green and Orange Line platforms at North Station, then takes the Orange Line to Back Bay where they will greet more customers. Scott and Davis planned to wrap up the social hour by taking a commuter rail train to South Station.

Scott was unanimously selected for the job in September, making her the first woman and second African-American to hold the post.

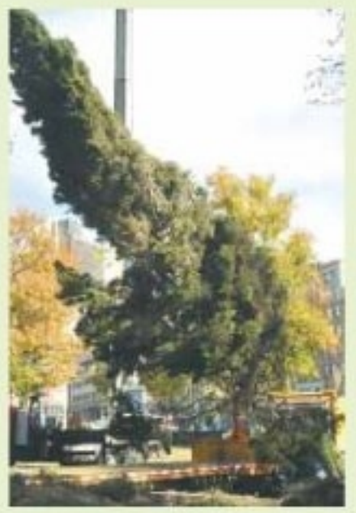
As the MBTA general manager, she will get a three-year contract and an annual salary of $220,000. METRO/MR

News in brief

Hub Christmas tree arrives at Common

BOSTON. The city's official Christmas tree, a 45-foot white spruce, arrived in Boston Common Friday after being driven from its home in Nova Scotia.

Workers will begin stringing the holiday tree with 6,000 LED lights ahead of the annual tree lighting ceremony scheduled for Nov. 29. This is the 41st year Boston has been given a tree from Nova Scotia — a holiday tradition that began as a way to thank the city for sending help to Halifax after a ship exploded in 1917. METRO



Annual Red Kettle Kickoff today

BOSTON. At noon today, Salvation Army officials are expected to launch their 2012 Red Kettle Season at the Brewster Fountain in Boston Common. METRO

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Twinkies start selling on eBay

Since Hostess Brands announced plans to liquidate and sell its products until supplies are exhausted, Americans have been scooping up Twinkies to get a fix of their beloved snacks. Supermarkets are running out and fans are pushing up prices on eBay.

Yesterday, shoppers emptied the shelves of Twinkies at a Jewel-Osco store in Chicago.

"We may have a few things left, but pretty much we're out of our Hostess stuff," Paul Knoblock, assistant store manager, said.

A 10-pack of Twinkies was available on eBay yesterday for $24.99, and four 10-packs were listed for $99.99 on the online retailer's website. A 10-pack of Twinkies is $3.29 on the Peapod website, a grocery seller owned by Royal Ahold.

BLOOMBERG

Lawmaker: Obama knew about Petraeus affair before election

The head of the House Intelligence Committee suggested yesterday that President Barack Obama might have known about former CIA Director David Petraeus' extramarital affair before the November election, and said Attorney General Eric Holder should address this question soon before Congress.

U.S. Rep. Mike Rogers, a Republican, said Holder's statement that the Justice Department had not informed the president before the election implied that Holder might have told Obama privately.

He noted that the FBI investigation of the communications between Petraeus and his biographer Paula Broadwell arose due to concern over a counterintelligence threat.

Both Petraeus and Broadwell have said they did not share any security secrets, and investigators have said they have found no security breach.

REUTERS

ALEX WONG/GETTY IMAGES

▶ Sen. Dianne Feinstein speaks to the media.

Quoted

"I'm not sure that the president was not told before Election Day. The attorney general said that the Department of Justice did not notify the president, but we don't know if the attorney general ... [notified him]." ROGERS

Out of the uniform and into the fire

The head of the Senate Intelligence Committee wondered yesterday whether the transition from four-star general to civilian intelligence chief may have thrown ex-CIA Director David Petraeus off his game and into an adulterous affair.

"You see the medals he has, you see the stars. One day he takes all of that off. He's in a plain blue suit. ... There's no entourage. There's no driver. He gives an order at the CIA, there's discussion, there's flak ... and then he goes home to wash dishes," Sen. Dianne Feinstein said on NBC' "Meet the Press."

She agreed the decision was the right one. But she said current expectations of the military to make long and repeated tours of duty away from home need to be examined. **REUTERS**

Metro Magic toy drive

1 Log on to **www.metro.us** and look for the Metro Magic logo at the top left.

2 One click on the logo will take you to a "wish list" we have set up via a secure link on **ToysRUs.com**. Once there, you can see all the toys we've already requested, with more added daily.

▶ All the gifts purchased will be sent directly to Metro's office. It's the third year of Metro Magic, where we ask our readers to go online to buy toys for underprivileged children.

METRO

Opinion

JUSTIN DOWD
WINNER OF METRO'S RACE TO SPACE

www.metro.us/weirdscience

Log on

Justin has produced a chalkanimation video to accompany this column. View it at www.metro.us/weirdscience

THE TRUE STORY OF EXTRATERRESTRIAL LIFE

SETI is a research project dedicated to finding proof of intelligent life in our galaxy. Researcher Jill Tarter, the basis for Jodi Foster's character in the movie "Contact," describes the project as "[using] the tools of astronomy to try and find the evidence of someone else's technology out there."

Every radio, television and cell-phone signal is unintentionally beamed into space. The signal of a song you heard on the radio yesterday is far beyond the solar system right now. Researchers hope to detect byproducts of technology released by other civilizations.

According to researcher Seth Shostak, "Recent results suggest that virtually every star has planets, and more than one. They're like kittens — you get a litter." An accurate estimate of planets in our galaxy is more than twice the number of stars, more than 200 billion. Shostak shares an insider bet: "The smart money is suggesting the fraction of planets that might be suitable to life is one in 1,000" This means there are around a billion cousins to Earth in our galaxy alone.

Quoted

"Recent results suggest that virtually every star has planets, and more than one. They're like kittens — you get a litter. ... The smart money is suggesting the fraction of planets that might be suitable to life is one in 1,000."
SETH SHOSTAK, RESEARCHER

Advancing telescopes allow SETI to listen to a million star systems with planets, compared to a handful in the 1960s. Shostak gives the bottom line: "Because of the increase in speed and because of the vast amount of habitable real estate in the cosmos, I figure we are going to pick up a signal within the next two dozen years." If signals are colliding with earth, they are colliding with you right now and contributing to some of the static seen on TVs.

Jill Tarter says, "We, all of us, are what happens when a primordial mixture of hydrogen and helium evolves for so long that it begins to ask where it came from." Why would galaxies, stars, planets, elements, even weather, all be inevitable, repeating consequences of the universe, but not life?

There is a real possibility mankind may soon discover the universe is not empty, but teeming with consciousness. Earth, the location of all human history, may become, as Jill describes, "a fragile island of life in a universe of possibilities."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

News in brief

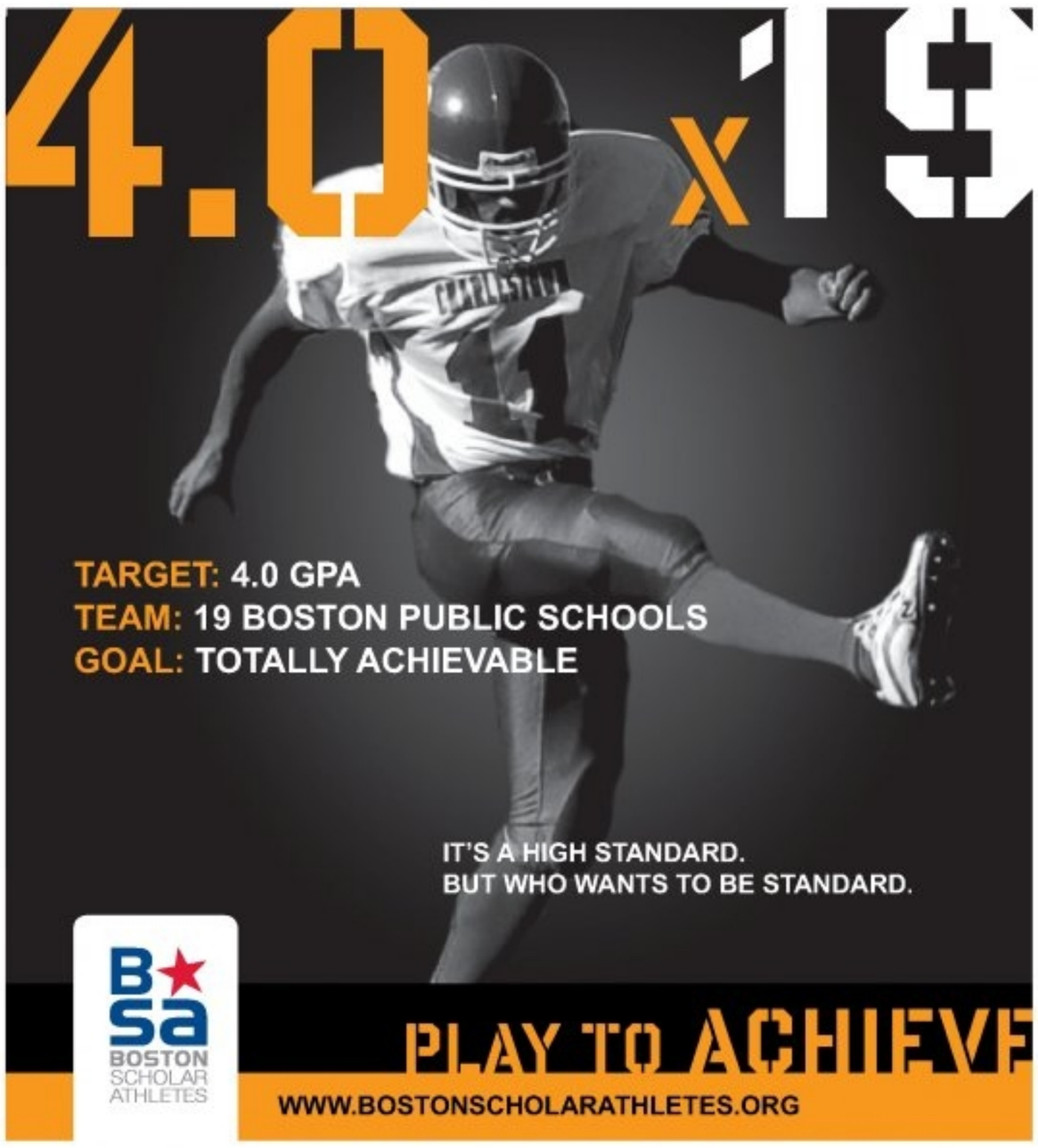
'Donkey ears' claim probed

GERMANY. Labor representatives have harshly criticized German phone company Deutsche Telekom's treatment of workers at its ailing U.S. unit, which the group plans to merge with MetroPCS.

Lothar Schroeder of the Verdi services workers union, who is also a member of Telekom's supervisory board, told Reuters yesterday that some of the group's U.S. call-center agents are working under what they described as a "climate of tyranny."

Schroeder had spent a month talking to Deutsche Telekom call-center employees across the United States, he said.

German monthly Der Spiegel earlier reported that some call-center agents had been forced to write lines or wear donkey ears, citing a dossier written by Schroeder. **REUTERS**



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In the news

Lawmakers confident they can avoid fiscal cliff

Leading U.S. lawmakers expressed confidence yesterday that they could reach a deal to avert the "fiscal cliff" even as they laid down markers on taxes and spending that may make any agreement more difficult.

Republican and Democratic leaders have agreed on a framework to reform the tax code and government benefit programs next year, but first need to prevent across-the-board tax increases and spending cuts due to begin in January that could push the economy back into recession.

That toxic $600 billion combination, known as the fiscal cliff, is the legacy of earlier failed budget deals. Both sides say they see greater willingness to compromise this time.

"What I hear is a perceptible change in rhetoric from the other side," Dick Durbin, the

Pelosi

No. 2 Senate Democrat, said on CNN's "State of the Union" program. "And what it is is an invitation for our side to basically sit down and say, 'What can we do for this country?'"

Taxes are the biggest hurdle. President Barack Obama campaigned on a promise to raise tax rates on the wealthiest 2 percent of households. He wants to extend low tax rates for the bottom 98 percent of the population, but said he will not sign a budget deal that keeps low rates for the wealthiest in place.

Nancy Pelosi, the top Democrat in the House of Representatives, echoed this view. Though Republicans control the House, they will probably need Democratic votes to get any deal passed. **REUTERS**

Obama to Burma: Historic visit not an 'endorsement'

▶ Burmese work to silk-screen more Obama T-shirts at a local shop as Yangon.

PAULA BRONSTEIN/GETTY IMAGES

Poised to become the first U.S. head of state to travel to Myanmar, President Barack Obama will today attempt to strike a balance between praising the government's progress in shaking off military rule and pressing it for further reforms.

Obama will meet President Thein Sein, a former junta member who has spearheaded reforms since taking office in March 2011, and famed opposition leader Aung San Suu Kyi, who led the struggle against military rule and, like Obama, is a Nobel Peace Prize laureate. She is now a lawmaker. **REUTERS**

Praise

Obama's trek to Myanmar is meant to highlight what the White House has touted as a major foreign policy achievement. Its success comes in pushing the country's generals to enact changes that have unfolded with surprising speed over the past year. He insisted his intention was to acknowledge that Myanmar, also known as Burma, had opened the door to democratic change — but there was still much more to do.

Pressure

Speaking in Thailand on the eve of his landmark visit to the former pariah state, Obama denied he was going there to offer his "endorsement" or that his trip was premature, as many international human-rights advocates have charged.

"I don't think anybody is under the illusion that Burma's arrived, that they're where they need to be," Obama said as he began a three-country Asian tour. The trip is aimed at showing that he is serious about shifting the strategic focus toward Asia.

"On the other hand, if we waited to engage until they had achieved a perfect democracy, my suspicion is we'd be waiting an awful long time," he said.

Obama's aides said he was determined to "lock in" democratic changes already under way but will also press for freeing remaining political prisoners and stronger efforts to curb ethnic and sectarian violence.

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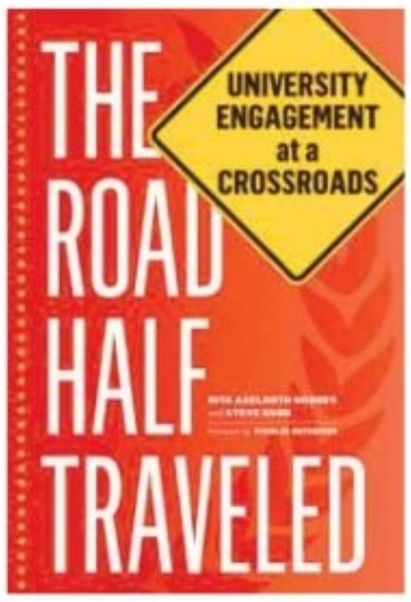
A renewed call for university and community partnerships

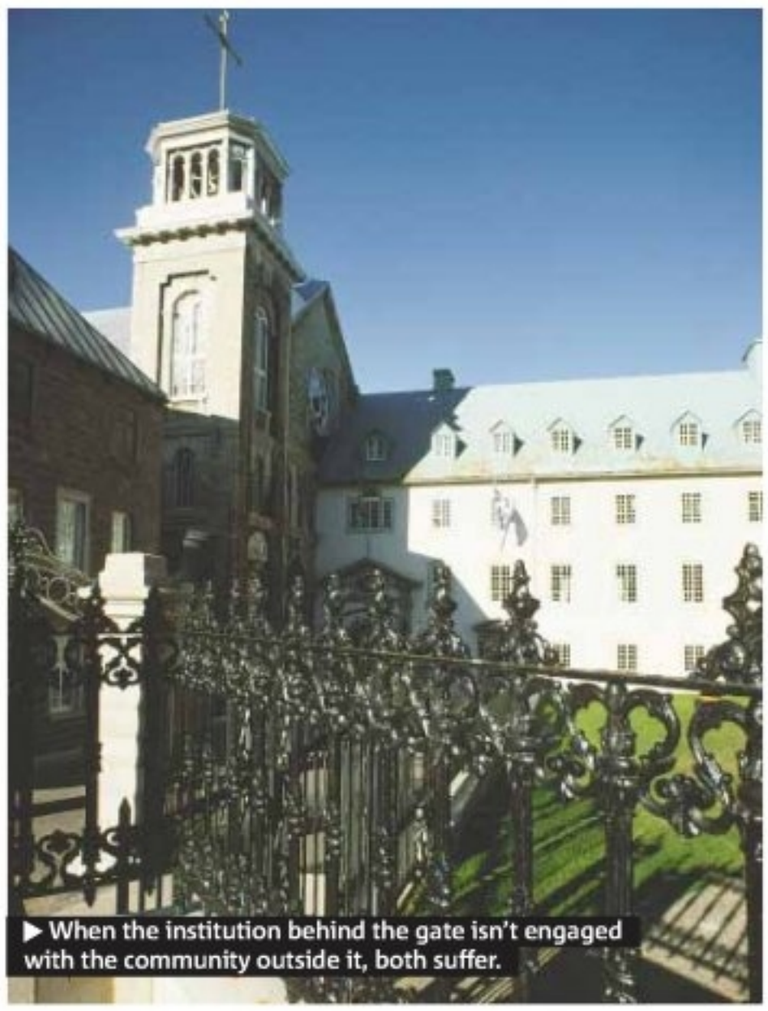


New book 'The Road Half Traveled' shows that the relationships between elite urban campuses and neighborhoods still need some work

In the mid '90s, after a slew of headline-grabbing violent crimes on or near elite university campuses, administrators at these schools — most notably Yale and the University of Pennsylvania — finally began to grasp what activists had long preached: A college must be a force for positive change in its surrounding community.

Over the last 20 years, many urban schools have developed a new, expansive view of their role in the community. But has this shift — in both attitudes and resources — actually helped the people living in these areas?

Yes and no, says a new study, "The Road Half Traveled: University Engagement at a Crossroads," recently released by Michigan State University Press. "Universities are fundamentally rooted in their community. And they have a lot of resources. They're the biggest employers and biggest construction builders in most metropolitan areas. They can have a huge impact when they focus their resources locally," says co-author Rita Axelroth Hodges, who is now assistant director of the Netter Center for Community Partnerships at the University of Pennsylvania. "But all of this work takes a lot of time and thought and relationship building. The community needs to be engaged from the beginning. It needs to be mutually beneficial."


▶ When the institution behind the gate isn't engaged with the community outside it, both suffer.

"Half Traveled" looks at the community initiatives of 10 colleges nationwide. It is unclear to what extent, but the researchers found at least some of this new investment has actually displaced residents near these campuses. "It's a burning question for many of us in this field: What is the true impact on the long-term residents in these communities?" says Hodges. "What we unfortunately found [in this study] is that the measurements of that are not being followed as closely as they should be. We certainly have plenty of anecdotal stories of ways that it's gone both good and bad, but we need to follow up."

BRUCE WALSH
bruce.walsh@metro.us

Education in brief

Duke University teams with Notre Dame to offer online courses

Duke University, Brandeis University and the University of Notre Dame are among a group of 10 U.S. colleges that will offer Internet-based courses next year as part of a new program called Semester Online.

Beginning in fall of 2013, undergraduate students will be able to take online courses for credit from the consortium through a so-called virtual classroom.

Semester Online will give students the chance to take classes for credit at any of the universities in the group, which also include Emory University, Northwestern University and Vanderbilt University. The courses will offer the same faculty and curricula as regular classes.

U.S. colleges, including Harvard University and the Massachusetts Institute of Technology, have been teaming up to offer online courses as they search for cost-efficient ways to deliver education.

Coursera Inc., a company started last year by two Stanford University professors, has contracts with 33 schools including Stanford and Princeton University. Semester Online will be operated by 2U Inc., an education-technology startup. Washington University in St. Louis, the University of North Carolina - Chapel Hill, the University of Rochester and Wake Forest University are also in the group. BLOOMBERG

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2

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Rihanna 'Unapologetic' about her 'Cockiness'

KEVIN MAZUR/WIREIMAGE

▶ The after-party is a very important part of Rihanna's 777 tour. In Stockholm on Friday, she got behind the bar to pass out shots.

Rihanna opened her show in Paris on Saturday, just as she did in Stockholm on Friday, with "Cockiness" — which is a fitting kickoff song that seems like the perfect way to describe her attitude while promoting her new album "Unapologetic" (a title that's also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theater was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysees did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included **P Diddy**, **Pharrell Williams**, **Omarion** and **Akon**.

"We are here for Rihanna," P Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist **Nuno Bettencourt** first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitively see another side of her onstage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants – even though it isn't completely fit for children's ears."

Only three concerts remain on Rihanna's 777 tour: Berlin, London and New York. Metro's Katarina Matsson has followed in the superstar's footsteps, on her jet, at the concerts and parties — one of the few reporters allowed on the plane.

Gomez and Bieber: Fighters, not lovers

Justin Bieber seems to be trying to patch things up with **Selena Gomez** following their split — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed. But all is not apparently lost just yet, as Bieber's car was spotted still parked outside of Gomez's house the next day.

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Today, Whitney Cummings doesn't understand lingerie, Jason Alexander is stockpiling Hostess products, Lea Michele is starstruck and Garry Shandling thinks cheaters should call it a day.

@WhitneyCummings
I think someone needs to tell the Victorias Secret fashion show about porn

@JasonAlexander
I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.

@msleamichele
Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!

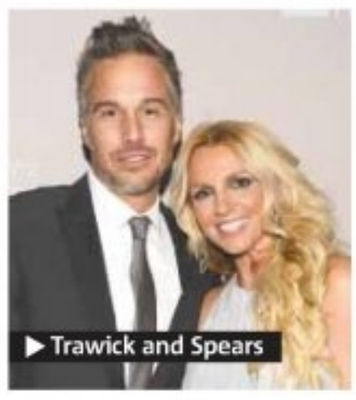
@GarryShandling
If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

Lea Michele

Talking points

Spears: The ultimate nag?

Trouble may be brewing between **Britney Spears** and fiance **Jason Trawick**, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's "no truth to" the story, calling it "fabricated."



▶ Trawick and Spears

Swift gives out relationship advice

With a number of failed romances under her belt, **Taylor Swift** might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her offer just that. Swift is serving as a guest advice columnist for the magazine's December issue. "People have to fall in love with you because they want to, not because you want them to," Swift writes.

Joe Simpson pleads out to DUIs

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months' probation and fined $390 plus penalties.

The entire world is not impressed

1: In honor of this instant meme — **U.S. President Barack Obama** jokingly mimicking U.S. Olympic gymnast **McKayla Maroney**'s famed "not impressed" expression which hit the Internet over the weekend — we're saluting other stars who refuse to be impressed just because the camera is trained on them:

2: Dave Grohl of Foo Fighters is not impressed with **Elvis Costello** hanging on his back at the 54th Annual Grammy Awards at on Feb. 12 in Los Angeles.

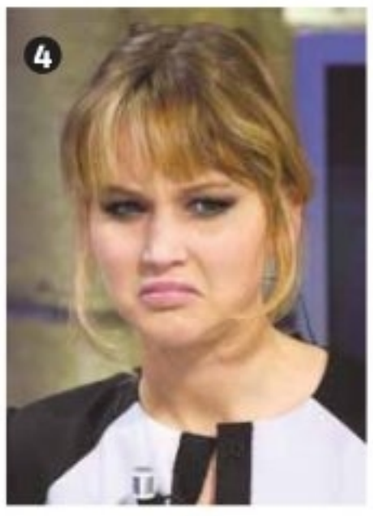
3: What is **Blanket Jackson** not impressed by? We're guessing either his lack of a haircut or his name.

4: Jennifer Lawrence is not impressed by being on the "El Hormiguero" TV show at Vertice 360 Studio on April 19 in Madrid.

5: Benicio Del Toro is not impressed to still be promoting "Savages." This is from yet another red carpet in Australia in October.

6: Queen Elizabeth II: Not impressed being onboard the Royal Barge during the Diamond Jubilee Thames River Pageant on June 3, 2012 in London.

1: PETE SOUZA/THE WHITE HOUSE VIA GETTY IMAGES
2: RICK DIAMOND/WIREIMAGE
3, 6: GETTY IMAGES
4: JUAN NAHARRO GIMENEZ/WIREIMAGE
5: DON ARNOLD/WIREIMAGE



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Taylor Lautner reflects on the end of 'Twilight'

Ab-tastic actor behind everyone's favorite shape-shifter talks about saying goodbye to the franchise that made him internationally famous

Would he do more?
"Stephenie's so smart that I would absolutely have to look at it and consider it," he says of author Stephenie Meyer. "Everything Stephenie touches turns to gold, and she's a very smart woman."

The worst part of fame
"I haven't been to a mall in a while and I haven't been to a theme park in a while, but I figure out how to get into movie theaters," he says. "I do [wear a disguise], but they don't work at all for some reason and I don't know why. I think I literally just have to put prosthetics on because literally I put a baseball hat on, glasses, pull the hat down, I look in the mirror and I'm like, 'All right, you are set. You don't look anything like yourself.' And the second I step outside, it's almost like I'm wearing nothing."

The best part of 'Twilight' ending
"I will not be sad to not have to take my shirt off again," Lautner says. For his potential future projects, "You've got to look at: Does it make sense that the character doesn't have a shirt in this scene? Or is it just nonsense, like, 'Oh I'm starting to get warm right now, let me take my shirt off.'"

Summing it all up
Lautner started the "Twilight" franchise when he was 15 years old. "It's amazing how much a 15-year-old to a 20-year-old grows up and matures just regularly. Going through this, it definitely was at an accelerated rate," he says. "[The scrutiny] definitely added to it. It was the part of it that we never predicted."

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

Quoted

"I will not be sad to not have to take my shirt off again."
LAUTNER

His next project

"I optioned an article about a year and a half ago, and I teamed up with Bryan Singer," he says. "I probably can't talk about it, but it's the same [project] that was with Gus Van Sant [last year]. It's a true story, it's based off real characters and real lives, so it took a lot of research before we could start writing the script, but now the script has just started to be written."

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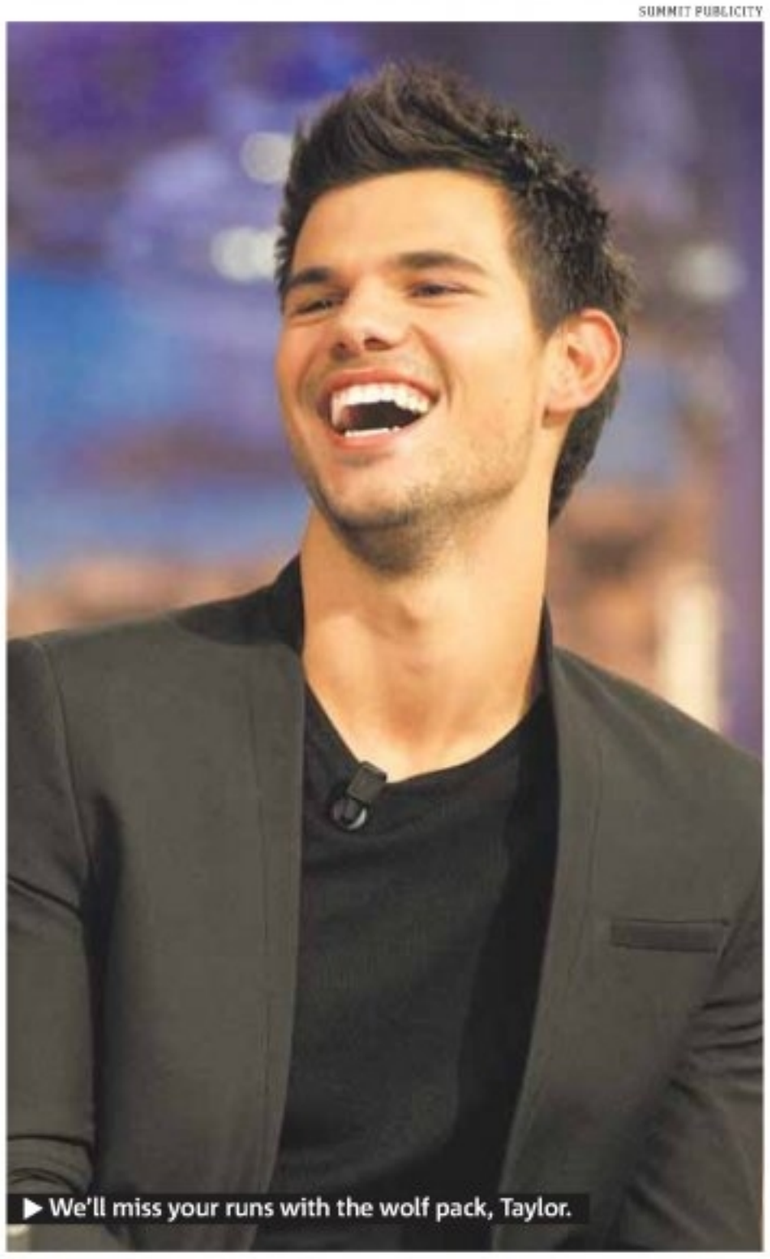


▶ We'll miss your runs with the wolf pack, Taylor.

Box office

'Twilight' sendoff starts with huge $341 million worldwide

The "Twilight" vampire saga's final chapter debuted with a massive $341 million in global movie ticket sales as devoted fans bid farewell to blood-sucking spouses Bella and Edward and one of Hollywood's biggest franchises.

"The Twilight Saga: Breaking Dawn - Part 2" earned an estimated $141 million in the United States and Canada over the weekend, falling slightly short of a record for the supernatural romance series about a human-vampire-werewolf love triangle.

The total, which includes sales from late night Thursday through Sunday, ranked as the eighth biggest domestic film debut of all time.

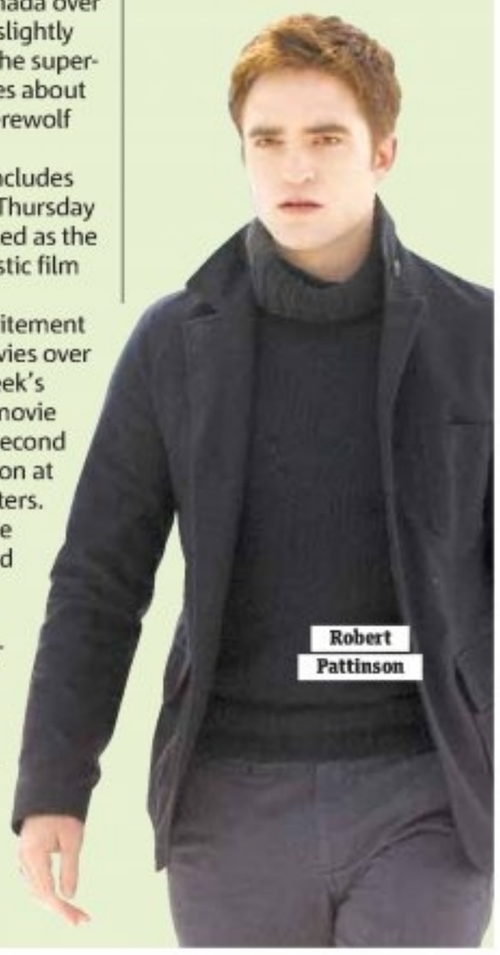
The "Twilight" excitement eclipsed all other movies over the weekend. Last week's winner, James Bond movie "Skyfall," finished in second place with $41.5 million at North American theaters.

"Skyfall" is now the highest-grossing Bond movie to date with a global total of over $669 million, surpassing the $599 million taken in by "Casino Royale" in 2006.

"Skyfall" also propelled distributor Sony Pictures Entertainment to a record year, pushing its worldwide box office total over the $4 billion mark.

Historical drama "Lincoln" expanded from a limited opening a week ago and landed in third place with $21 million. The movie stars Daniel Day-Lewis as the 16th president near the end of his life as he battles to ban slavery and end the Civil War. The movie is directed by Steven Spielberg and has earned critical praise and awards-season buzz.

In fourth place, Walt Disney Co. animated movie "Wreck-It Ralph," about a video game character who destroys everything in his path, pulled in $18.3 million. Denzel Washington drama "Flight" earned $8.6 million and the No. 5 spot. REUTERS



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Test your 'Twilight' knowledge

As the famed vampire romance series wraps up with the release of final film 'The Twilight Saga: Breaking Dawn - Part 2,' we quiz you on the details that only the most devoted of Twihards would know

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▶ Back in simpler times: Edward and Bella attend the prom in the first "Twilight" film.

1 *For their honeymoon in "The Twilight Saga: Breaking Dawn: Part 1," Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?*
A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
C) Breves in the Brazilian state of Para
D) Sao Jose de Ribamar, Sao Luís Island in the Brazilian state of Maranhao

2 *Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?*
A) 107
B) 235
C) 730
D) 152

▶ Bella's wedding dress

3 *Who was Stephenie Meyer's first choice to play Edward Cullen?*
A) Henry Cavill
B) Ryan Gosling
C) Chase Crawford
D) Zac Efron

4 *What is the name of the beer that Charlie drinks in "Twilight"?*
A) Rainier Beer
B) Pike Beer
C) Pyramid Ale
D) Red Hook Pilsner

5 *What are the main differences between the Cullen family crest in the movie and the Cullen Coat of Arms in real life?*
A) There's a lion and no sheaf of wheat on the movie crest.
B) There's a lion and no sword on the movie crest.
C) There's a lion and a lamb on the movie crest.
D) There's a lion and a fleur de lis on the movie crest.

MICHELLE CASTILLO/MWN

Answer key

▶ **0 questions right:** You call yourself a fan!?
▶ **1-2 questions right:** You might have intimate vampire knowledge, but don't expect to join the Cullen family anytime soon.
▶ **3-4 questions:** It's time to get out of the movie theater and into the great outdoors. You're starting to sparkle in the sun.
▶ **5 questions:** Scarier than the Volturi, you are.

CORRECT ANSWERS: 1: B; 2: D; 3: A; 4: A; 5: A

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Bradley Cooper goes inside the mind of a bipolar man in 'Silver Linings Playbook' What alleviated his fears about taking the role mostly had to do with a certain Mr. Robert De Niro

Some of the fear that Bradley Cooper had about joining the cast of David O. Russell's "Silver Linings Playbook" — in which we plays a man trying to put his life back together after a stint in a mental hospital — was alleviated when he found out he'd be playing Robert De Niro's son.

"We had done a movie together prior, and he really did champion me to get the role," the actor says. "I knew I could say the word 'dad' and look at him and that would come from a real place."

Jumping into the shoes of his character, Pat Solitano, wasn't too far a leap for Cooper, who grew up in the suburbs of Philadelphia, where the movie takes place. He credits the house they shot in as being "very much a part of that magic that occurred" — a crew member cooked in the kitchen so the whole house smelled of suburban life — and his own experiences being Italian-Irish.

"It really helped that I come from a very similar background [as Pat]," he says. "Everything smelled and looked and felt real because it is how I grew up. So I was very lucky in that I had 37 years of preparation for that role."

But what did take some real preparation was getting into the mind of his character, who is bipolar. After Russell sent him some documentary footage, the two explored how to approach the character.

▶ Bradley Cooper stars in "Silver Linings Playbook," in theaters now.

WEINSTEIN PUBLICITY

"There's not, like, a general wash of bipolarity that one can play," Cooper says. "It's very specific to this guy. These traumatic events trigger something in him that puts him in a manic state. Just finding all of those moments and then being able to insert that into the scenes and modulate it so that it's not overbearing. … We were very conscious of making him palatable while at the same [time] not negating the integrity of the character."

All the right moves

Cooper also had to prepare for some extensive dancing scenes with co-star Jennifer Lawrence, who he didn't know before making the film.

"It's a hell of a way to meet somebody," he says. "The first time I met her was at a small studio space; next thing you know we're sweating and she has her hands under my armpits and it's very embarrassing."

Performing to moves choreographed by Mandy Moore, Cooper says he enjoyed the process — although there was one aspect he wasn't too pleased with.

"I like to dance, so it was fun, but I feel bad — Bob [De Niro] and Chris [Tucker] had to sit and watch us dance for three days, for 16 hours."

MEREDITH ENGEL
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TV watch list

'The Layover'

REALITY. Outspoken chef Anthony Bourdain's final commitment to the Travel Channel ("No Reservations" has already wrapped, and his new CNN series is in the works) comes right after he blew up at network executives for making it appear as if the host were endorsing Cadillac in his show. As the final season of his other Travel Channel show, the travel highlights series "The Layover," kicks off in Chicago tonight, it's safe to say he's probably no longer going to be getting that engraved gold watch. **Season premiere, 9 p.m., Travel Channel**

'Marrying The Game'

REALITY. Schoolteacher Tiffney Cambridge plans her dream wedding to the father of her two children, Jayceon Taylor — aka the rapper The Game. See how quickly that went from a run-of-the-mill episode of TLC's "A Wedding Story" to a standalone VH1 series? **Series premiere, 9:30 p.m., VH1**

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Using Thanksgiving as a gratitude practice

Squabbling at the dinner table expected this year? Here's how to keep the peace during the holidays Tips to handle annoying family members

B STOCK

"Cheers to health, happiness and not hating each other!"

The question: How can my family enjoy Thanksgiving without everyone getting at each other's throats?

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

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Your question recalls the famous line from Leo Tolstoy's "Anna Karenina": "Happy families are all alike; every unhappy family is unhappy in its own way." For family members in the latter category, and those somewhere in between, the most thankful aspect of Thanksgiving can be the moment they leave the table.

But it doesn't have to be that way. While you can't control your family, you can change your attitude. My suggestion: redeem the "thanks" in Thanksgiving by turning the holiday into a gratitude practice.

As touted by Oprah, a gratitude practice is akin to counting one's blessings. While passing the turkey, observe all the things you might otherwise take for granted: an abundance of food, a heated home, a day off from work and relatives who care enough to invite you, or come, to dinner. If anything, Hurricane Sandy teaches us to appreciate loved ones and home comforts.

And here's a trick for those particular family members who push your buttons. Consider why they get your goose, and practice being grateful for an opportunity to grow as a person. Families can be fertile ground for cultivating such virtues as compassion, tolerance and coping skills. For example:

For relatives who pick on you: Practice confidence. Considering all the reasons why you should feel good about yourself will toughen your skin to insults. When necessary, stand up for yourself in a firm manner by owning your feelings and asking for what you want. You can say, "Please don't insult me. It hurts my feelings, and I'd really like a peaceful meal."

For relatives who irritate you: Practice patience, tolerance and compassion. Remember, you may irritate them just as easily, so think about how you'd like to be treated. If you can be patient with family, you can be patient will almost anyone.

For relatives who boss you around: Practice standing your ground in a kind, respectful way. For example: "Dad, while I appreciate your wanting to help, there are many ways to carve a turkey and I prefer to do it my way."

By assuming an attitude of gratitude, you improve your chances of walking out the door will both a stuffed belly and a full heart.

— Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City. This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to the content of this column, please make an appointment with a licensed mental health professional. E-mail Kim your questions at askkim@metro.us.

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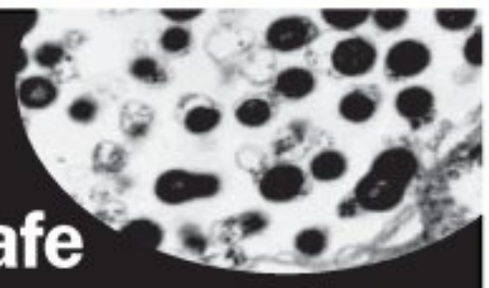

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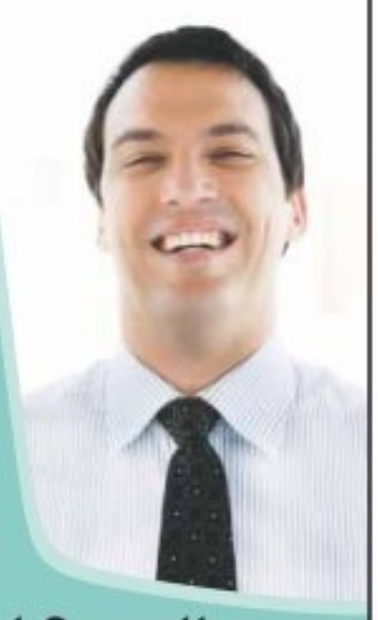

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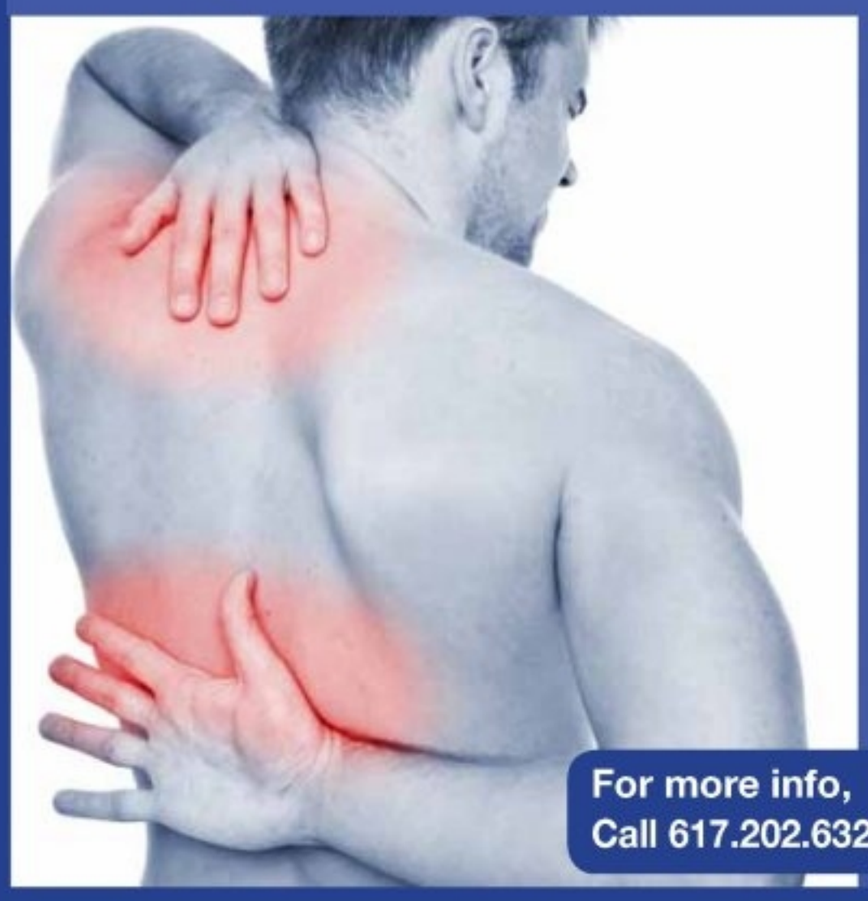
Do you suffer from pain after Shingles (PHN)?



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For more info,
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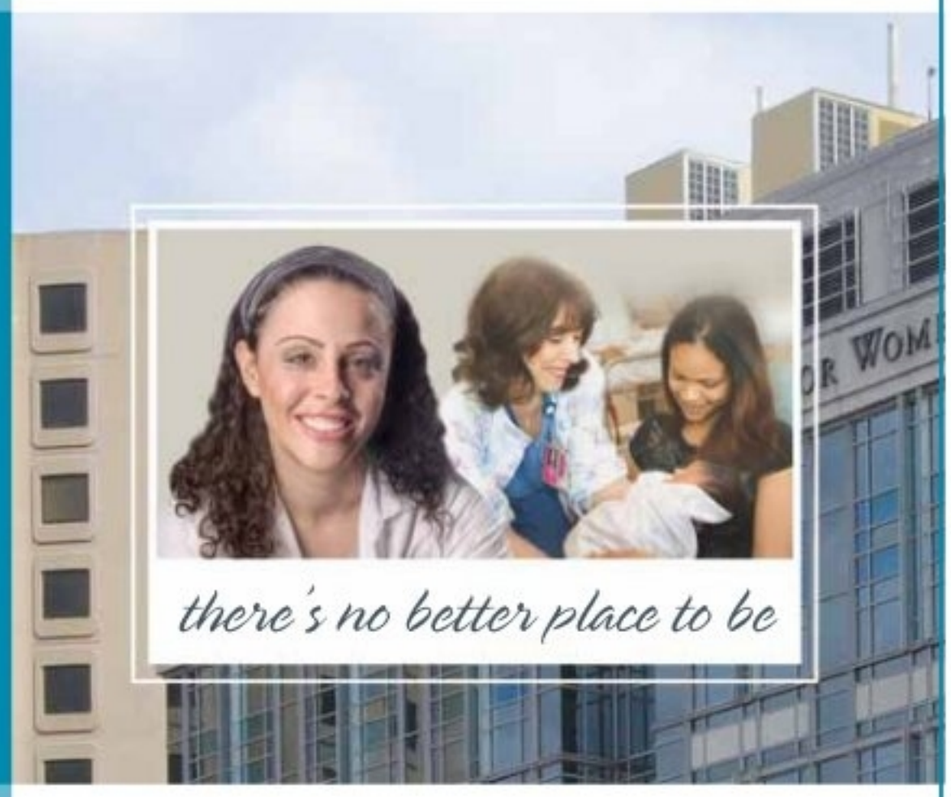

You can't get over it – this camaraderie, this bonding – with everyone who works here. Can a group of 14,000 be considered "close-knit"? It feels that way – like you're all in this together – your passion to heal your patients. And because it's such a great hospital, the healing happens often. Besides the emotional ones, there are tangible rewards, too. Spectacular benefits – and a career development program that insists you advance quickly. *For patients and employees, there's no better place to be.*

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That NYT article that got everyone talking

In April, Metro columnist Jonathan Alpert wrote an op-ed about why therapy doesn't need to last forever
Here, he responds to his dissenters and offers advice for managing criticism and staying true to yourself

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▶ Jonathan Alpert's April New York Times article caused quite a stir, but it further underscored his convictions.

Several months ago, I wrote an op-ed for The New York Times titled "In Therapy Forever? Enough Already." In it, I came down hard on my profession — arguing that people get stuck in therapy, and in many cases the therapist is to blame. I urged people who are in therapy and not getting better to move on.

The reaction to the article was polarizing. Within hours, I had dozens of people calling my office wanting to be my patient. By week's end, I had received more than 60 such calls — and to this day, I still get calls stemming from the article. I was invited to speak to organizations and was discussed on major media outlets, including "The Today Show."

I was also harshly criticized by hundreds of therapists — many of whom publicly lied and said I don't have a degree or license — and they also sent threatening letters. Some of the e-mails I got included comments such as: "Go to hell." "The article is dangerous." "You're going to ruin our business model." And a Forbes blogger used the salacious headline: "Jonathan Alpert's Misstatements and Possible Misconduct." An NYU commencement speaker also made negative remarks about me.

This experience reinforced what I have long believed: If you feel strongly about something, then stick to it. Do not panic, jump to conclusions or cast aspersions on the naysayers. Doing so will only weaken your original message and make you look bad.

My experience with the aftermath reminded me of what a lot of my patients deal with: fear of criticism. I see it in many aspects of peoples' lives.

Alpert's advice

Here's how to deal with criticism:

- **Focus on what you believe in and what you did right.** Had I taken to heart the criticism that I received from my New York Times piece, it would have brought me down. Instead, I focused on the praise I received. Doing this helped to diminish the negative comments and keep me focused on what's most important: my views and beliefs.
- **Speak your mind.** Don't be deterred by opposing views or criticism. Doing so will make you weaker, not stronger. Know what you believe in and stand firm.
- **Accept the notion that there will be some people who love you and others who don't.** You can't please everybody.
- **Change your self-talk.** Instead of thinking, "I can't deal with this," or "Maybe they are right about me," think: "I am strong and can roll with the punches" and "Others don't define me; I define me."

*– **Jonathan Alpert** is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at **jonathan@jonathanalpert.com**.*

Advice

JOY BAUER

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FIGHT YOUR FATIGUE WITH THESE SNACKS

Need a cure for that mid-afternoon slump? Fueling your body and brain with the right combination of nutrients boosts energy naturally. Here are four super-snacks that will reboot your system so you can successfully power through your day.

Hummus deviled eggs

In this lean, mean version of deviled eggs, I've replaced the yolk with heart-healthy hummus. The combination of hummus and egg whites delivers a double dose of protein, a nutrient that can help you perk up. Scientists in the U.K. discovered that protein stimulates cells in the brain that promote wakefulness, so you can stay alert and focused. To assemble this grab-and-go snack, simply hard-boil a few eggs, cut them in half and replace the yolk with 1 to 2 teaspoons of regular or flavored hummus.

Energy snack mix

Ward off an afternoon crash with this high-octane trail mix. Combine two cups of air-popped or low-fat popcorn with two tablespoons of roasted edamame and two tablespoons of roasted peanuts, then sprinkle on your favorite seasonings (try a spicy Creole blend). You'll get an ample amount of protein, thanks to the crunchy combo of edamame and peanuts. The popcorn and edamame also contribute plenty of fiber, which helps smooth out blood sugars and ensure a slow, steady supply of energy. Stash a pouch of this brain-boosting blend in your bag so you're armed and ready next time you need a lift.

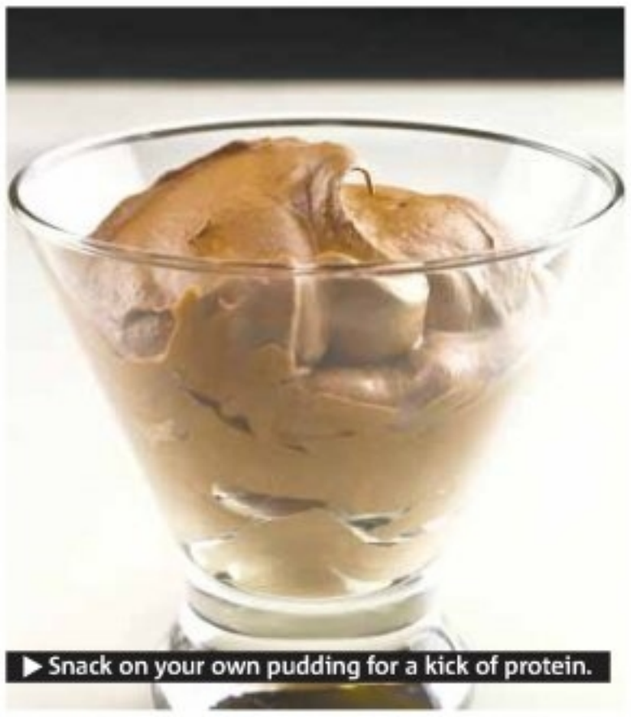
Chocolate protein pudding

When a chocolate craving strikes, you may be tempted to hit the vending machine for a candy bar, but buyer beware: These calorific treats deliver a dangerous, energy-zapping mix of sugar and fat. Instead, get your cocoa fix the smart way with this luxurious, homemade chocolate protein pudding.

Try this

Green tea-mango smoothie

Give yourself a jolt of a.m. or afternoon energy with a green tea smoothie. Antioxidant-rich green tea contributes a modest dose of caffeine, while nonfat Greek yogurt delivers a concentrated hit of protein to get your brain cells fired up. Brew one green tea bag in 4 ounces of hot water for three to five minutes, then remove the tea bag and let the tea cool to room temperature. Blend the tea with half a cup of nonfat vanilla Greek yogurt, one cup frozen mango chunks, and three to five ice cubes until smooth.



▶ Snack on your own pudding for a kick of protein.

To whip it up, simply stir two teaspoons of natural, unsweetened cocoa powder into one container of nonfat vanilla yogurt. You'll satisfy your sweet tooth and get an instant pick-me-up from the protein-rich yogurt.

*— For more high-energy snack ideas, visit **www.JoyBauer.com**, and follow Joy on Twitter **(@joybauer)** and Facebook.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

ARBOUR HOSPITAL
A Division Of Arbour Health System

Arbour Hospital is a 118-bed private psychiatric facility located in Boston's Jamaica Plain neighborhood.

The Hospital recently renovated their Adolescent Unit in Jamaica Plain and also opened a new 18-bed, Adult Inpatient Psychiatric Unit in Quincy, MA. Arbour Hospital specializes in adult and adolescent mental health treatment as well as dual diagnosis services. Other services include Latino, partial hospitalization programs (PHP), and outpatient treatment.
Arbour Hospital in Jamaica Plain is recruiting individuals who are looking for a rewarding and exciting career in a Behavioral Health and are seeking:

Clinicians to work in our Dual Diagnosis and Structured Outpatient Addiction Program (SOAP). LMHC, LICSW, LADC, and CADAC licensure preferred, but license eligible applicants accepted. Clinicians will be conducting groups, performing individual treatment and case management, and interfacing with managed care organizations. Candidates should have established skills in the integrated treatment of addictions and co-occurring disorders.
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Cook to join our team of culinary professionals. The position is full-time, 32-40 hours per week (alternating weekends required). Candidates must be able to broil, sauté, roast, bake, fry and prepare soups and stocks from scratch. Salary based on experience. Min. 5 years experience in a healthcare, intuitional, or corporate dining operation; ServSafe and Allergen Awareness certified.

Master's Prepared Clinician to work on both an Adolescent and Adult Inpatient Psychiatric Unit. Primary responsibility will be on an adolescent unit. However, this clinician will also work with adults depending on the unit census. Candidate must have experience working with adolescents, preferably in an inpatient or partial setting. This position entails clinical responsibilities, including working with a multidisciplinary team to provide case management, disposition planning, individual and family therapy. This is a full-time, benefit eligible position. Masters prepared, LICSW or LMHC preferred.

Nurse Educator/Infection Control Preventionist to work at Arbour Hospital in Jamaica Plain. Responsible for implementing the faculty-wide educational and infection control programs. Must have previous experience in an inpatient psychiatric hospital, be knowledgeable in infection control, and be CPR certified. CPI certification a plus but training can be provided. The appropriate candidate must be well organized, well prepared for presentations, be able to multi-task, have good communication skills and be able to work in a fast-paced environment. Master's Degree preferred. Candidate must have a minimum of Bachelor's Degree in Nursing. This is a full-time, benefit eligible position.

Occupational Therapist to work at Arbour Hospital in Jamaica Plain will be responsible for performing functional assessments and developing a therapeutic groups program including psycho-therapeutic and psycho-educational groups as well as occupational therapy enhanced by sensory interventions. Master's Degree and license in Occupational Therapy as well as a minimum of one year working with adults in an inpatient setting required.
This is a full-time, benefit eligible position.

Registered Nurse responsible for nursing tasks in accordance with the established standards of nursing practice in order to ensure quality of care; identifies patient and family educational needs; develops effective teaching methods and evaluates the effectiveness of interventions; administer, monitor and evaluate the effects of patient medication; member of the multi-disciplinary treatment team; initiates a comprehensive admission assessment and treatment plan. Three years psychiatric nursing experience and Bachelor's Degree in nursing preferred; must be a RN in the state of MA. This is a full-time, benefit eligible position (per-diem shifts available also).

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3 Hot new careers in Internet marketing

If you're a creative, trend-savvy techie, there's a whole new crop of careers waiting out there ◗ Writing, traditional marketing skills are key

Most businesses can't afford to not have a website or social media presence in 2012.

With the increasing need to reach people online, the marketing field needs new recruits who are innovative and tech savvy. That's where you come in. There are online marketing careers with small and large businesses, and you can also work for yourself as a freelancer.

The skills needed for traditional marketing are essentially the same according to Patti Ellis, a senior account manager at A Couple of Chicks e-Marketing.

"The ability to write creatively is paramount," she says. "Having an engaging personality with a well-developed sense of humor also helps with interacting with customers online — which is key!"

Here are three fairly new online careers and how you can get one:

"The ability to write creatively is paramount. Having an engaging personality with a well-developed sense of humor also helps with interacting with customers online — which is key!"
PATTI ELLIS,
SENIOR ACCOUNT MANAGER AT A COUPLE OF CHICKS E-MARKETING

1 SEO consultant: Search engine optimization experts make sure that all of the content on a website is search engine-friendly and easy for customers to find.

This means making sure everything is tagged with proper codes. They also help to strategize what keywords your target audience will use to search. They know how to drive traffic to a company's website while thinking about a company's offline marketing strategy as well.

2 SEM consultant: Search engine marketing experts may seem to do the same thing as their SEO counterparts, but they focus more on online advertising as a whole rather than just designing and programming Web pages to reach the top of search engine results. SEM experts go beyond analyzing keywords and think about the bigger picture. They need a broad education in marketing and advertising and experience with online advertising programs (such as Google AdSense) and search engines.

JILLIAN WOOD FOR TalentEgg hatching graduate careers

Talentegg.com is a job board and online career resource for college students and recent graduates.

3 Community manager:

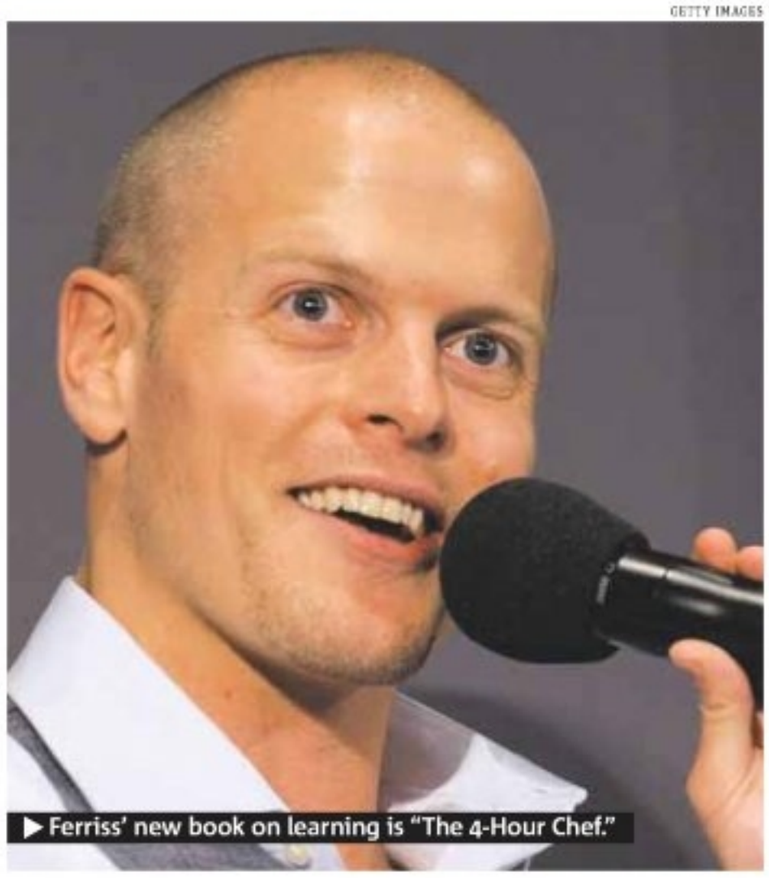
Jobs working with a company's online presence are legitimate career paths that are growing in number all the time. Ellis says she is seeing "an increase in demand for the hiring of people to be the 'company voice,' i.e., using and maintaining the company social accounts for Twitter, Facebook, YouTube, blogging, etc."

A community manager is in charge of representing the company externally to online customers and clients. This can mean building communities, posting content to blogs or social media accounts and handling both complaints and inquiries, all before reporting back to different departments.

▶ If you want to work in online marketing, Ellis recommends first marketing yourself through social media and LinkedIn.

LIFESIZE

GETTY IMAGES



▶ Ferriss' new book on learning is "The 4-Hour Chef."

The art of learning: An interview with author and entrepreneur Tim Ferris

Advice

DAN SCHAWBEL
PERSONALBRANDINGBLOG.COM

If you want to have a successful career, you have to become an expert in your field. The biggest challenge with establishing expertise is learning the right skills. I recently spoke to Tim Ferriss about the art of learning based on his research and experiences. Ferriss is a New York Times best-seller and dubbed "The Superman of Silicon Valley" by Wired. His latest book is "The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life."

What are the common misconceptions of learning?

One of the bigger misconceptions of learning is that many skills take a lifetime to get world-class at, or 10,000 hours to become world-class at. If you want to be Tiger Woods at age 8, you're going to know you have the potential because you'll be drawing sketches of people hitting balls with different irons, which he was, instead of pirate ships. But, if you want to be the best in your circle of friends or in the top 5 percent in the U.S. population at golf, swimming, Spanish, Japanese, whatever it might be, I firmly believe that you can accomplish that in most cases in six months or less. To be functionally fluent in a language, for instance, you need about 1,200 words. If you really train someone well, they can acquire 200 to 300 words a day, which means that in a week they can acquire the vocabulary necessary to speak a language.

How do you become self-sufficient in your trade?

There was a lot I was doing in the digital world of computers but I didn't have the ability to build things with my hands and I got really anxious. I felt like I had lost some really important part of my humanness. Food became a way of becoming self-sufficient with my hands to regain manual literacy, which I think has been lost on our generation and certainly younger generations. Very few people can actually make things with their hands and do things with their hands.

What are the most important career-related skills?

I would break it down to three things: time management, written communication and negotiation. I think those three skills determine much of success in the modern professional world.

— Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of Me 2.0.

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Job Openings of the Week

Front Desk Coordinator – A technology firm located in the Fort Point area of Boston is looking for a Front Desk Coordinator for their regional office. Duties include answering incoming phone calls to the firm, greeting visitors on-site, managing conference room schedules, processing mail and completing ad hoc projects in support of the firm. High proficiency with Microsoft Word, Excel and Outlook is required. $11-13/hour.

Administrative Assistant – OfficeTeam of Cambridge is currently working with a Higher Education partnership in search of a Administrative Assistant. The Administrative Assistant will be responsible for implementing an organized filing systems, scan documents, process forms and requests, research office space operations, schedule meetings as well as basic administrative tasks such as data entry, filing and scanning. The Administrative Assistant must be comfortable with social media as well as e-Newsletter writing and execution. $12-17/hour.

Customer Service Representatives – OfficeTeam is currently working with a number of call centers that are hiring Customer Service Representatives on a temporary basis. Ability to handle up to 100 phones calls per day and navigate multiple databases during customer calls while maintaining a high level of professionalism is required for positions. Prior experience working in a call center or for a healthcare or insurance company is preferred. $10-12/hour.

Executive Assistant – An exciting startup in Kendall Square is looking to fill an Executive Assistant role! The Executive Assistant will be responsible for transferring the client's CRM system to Salesforce.com, therefore candidates must be proficient with Salesforce.com and be able to easily navigate through the system. Candidates must also have excellent data entry skills as this position will be responsible for entering all data into the new system. We are looking to find candidates that are extremely efficient, detail oriented, able to work with minimum direction and organized. $17-22/hour.

To apply to any of these positions please send your resume to jesse.murray@officeteam.com with the subject: Metro Ad or call us at (617) 951-0036

myjobs

Are you the annoying co-worker? Find out

Every office has serial whiners, overbearing control freaks and notorious flakes How to figure out if you are an offender, and what you can do about it — both at work and at home

The first step to not whining about the color of the new Post-Its is recognizing that you do it.

BRAND X PICTURES

Author and motivational speaker Rick Brinkman has been speaking to companies for more than two decades. In the mid-'90s he co-authored the workplace classic "Dealing With People You Can't Stand," utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?

"It's somewhat innocent, and we all do at least one of these behaviors now and again. It's just that there are certain ones we're more likely to go to under stress."
BRINKMAN

Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may be whining. But that doesn't even show up on my radar.

How do you know if you are, in fact, the annoying person at work?

When people read our book, they tend to recognize what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviors now and again. It's just that there are certain ones we're more likely to go to under stress.

How do you cut back on your own annoying behaviors?

You can start by recognizing the particular type of negative behavior that comes out of you under stress. Then ask yourself, "How is this working for me? Am I getting what I want? What reactions am I getting from others?" Usually people find that this behavior is creating their own worst nightmare. Once they realize that, it's easier to change.

BRUCE WALSH
bruce.walsh@metro.us

Bringing it home

Is there a difference between how we exhibit these behaviors at home versus the workplace?

Yes! It can be totally opposite. Some people are a total "tank" [overly controlling] at work and a "nothing" [nonresponsive] at home. I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behavior is totally different, because the context of the relationship is totally different.

Advice

BANANA STOCK

Is this worth it?

Avoid an office dating disaster

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout.

Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Datingadvice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of "Don't Hook Up With the Dude in the Next Cube," says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

JULIA WEST

Most workers aren't living the dream

Do you currently work in the job you dreamed of having as a kid? If so, that puts you in the lucky minority.

LinkedIn surveyed more than 8,000 professionals worldwide and found that just 8.9 percent currently work in their childhood dream job, though another 21 percent say they at least work in a career that relates to their original dream job.

In the U.S. specifically, the breakdown is slightly worse: About 7 percent of those surveyed say they work in their actual dream job, and 21 percent say they work in a related career.

Nearly half of those surveyed who didn't end up with their dream job said it was because they became interested in a different career path as they got older. Another 16 percent said their dream job was either too difficult or too expensive to pursue.

Of the workers LinkedIn surveyed in 15 countries — including Brazil, Australia, the U.S. and India — the most common childhood dream jobs fell in the creative and artistic category.

The single most popular childhood dream job wasn't astronauts or superheroes, but rather engineers, with 7.7 percent of those surveyed worldwide listing it.

Top 5 common childhood dream jobs

1. Engineer
2. Airplane or helicopter pilot
3. Doctor, nurse or EMT
4. Scientist
5. Teacher

—LinkedIn

Not surprisingly, astronaut came in at No. 8 on the list.

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mystyle

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Zara platform ankle boot with laces, $100, www.zara.com

Madewell The Lovelock Clutch, $136, www.madewell.com

BCBG Lloyd coat, $398, www.bcbg.com

H&M turtleneck, $40, www.hm.com

Joe Fresh pleat skirt, $34, www.joefresh.com

Hudson Collin Signature Skinny jeans in Crimson Wax, $198, www.hudsonjeans.com

TINA CHADHA
tina.chadha@metro.us

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HCG

Letters

letters@metro.us

Requiem for the great American lunch box

RE: "BAKERY CLOSURES HIT TWINKIE PRODUCTION" (METRO, NOV. 14) Last week, the 82-year-old Hostess Company may have filled its last Twinkie, rolled its last Ho-Ho and baked its last loaf of Wonderbread. Lunch boxes across the U.S. will never be the same again. Far be it for me to support government intervention, but this is a matter of national nutritional security. While the majority of us are driving our Hondas and Toyotas, Mr. Obama spent millions to bail out the failing U.S. auto industry only to give us the Fiat 500. With that precedent set, would it not be judicious to save Wonderbread, a true slice of Americana? Just imagine the sorrow of millions of school children as they open their lunch boxes at recess only to find that their favorite Ho-Ho, Ding-Dong or Twinkie has been replaced by an apple, orange or handful of grapes. A crisis of epic proportions for snack time across America.

JOAO A. PAULO, VIA E-MAIL

'Tis the season for art of all sorts

RE: "WINTER ARTS GUIDE," (METRO, NOV. 16-18) Bravo!! This weekend's Metro Winter Entertainment Section is just a wonderful wealth of information on what's happening in and around town during the winter. There are certainly enough choices to select from that it will satisfy everyone's interests. Keep up the good work — it is surely appreciated. **PAUL PHILLIPS, VIA E-MAIL**

I wrote in about the fall "arts" guide and I'll write in about the winter one. If you insist on calling this special issue an "arts" guide, it would be nice if you could include some actual art. Theater, music and dance are great, but you neglected to include a single gallery opening or museum event. Young emerging artist are leaving Boston in droves because we don't feel supported by the city, and the Metro isn't helping.

SUZI GROSSMAN, VIA E-MAIL

A short list of rich Dems proves a lot

RE: "THE BLUE BOSS, SAME AS THE RED BOSS" (METRO, NOV. 16-18) Thanks to letter writer Shoshana Rose, who demonstrated that in this country there are as many rich democrats as Republicans. So, it makes no sense to assert that Democrats hate rich people, as some right wing writers have tried to do since Romney has lost.

JEAN KAZADI, VIA E-MAIL

Sweep the dust off the fiscal cliff

Why do we assume the rich care about the fiscal cliff? Or recessions? They can buy up assets cheaply and generally make money when the economy is weak. Hence, the Republicans the rich own will pledge allegiance to Grover Norquist instead of to our Constitution. We need to go over the cliff, while working hard to convince social conservatives to abandon these selfish fools, help us redraw congressional districts so the house also reflects the Democratic majority and work toward creating a new Green party to replace the Republicans.

PAS ARGENIO, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** If you're concerned about taking a certain action, put it off until you can evaluate it more clearly. You need to know what the ramifications could be.

♐ Sagittarius **Nov. 23-Dec. 21.** Getting your facts straight should always be of concern to you, but especially so if you are involved in a costly project. Be sure you look quite closely before you leap.

♑ Capricorn **Dec. 22-Jan. 19.** Don't be satisfied with ballpark figures concerning an important financial matter. If you're inclined to jump to conclusions, you could get yourself in trouble very fast.

♒ Aquarius **Jan. 20-Feb. 19.** An important objective might never be achieved if you ignore the small details. You cannot be oblivious to them — even though they're tiny, they still matter.

♓ Pisces **Feb. 20-March 20.** This might not be one of your better days for keeping things to yourself. A smart adversary who is aware of your shortcomings might get you to tell much more than you should.

♈ Aries **March 21-April 19.** Even if you feel justified in giving a nettlesome someone a piece of your mind, you'd be smart to avoid it. It would only increase your difficulties with the offending party.

♉ Taurus **April 20-May 20.** Regardless of the circumstances, don't volunteer any unrequested criticism, suggestions or advice. Instead of getting a "thank you," you're more likely to get a huge reprimand.

♊ Gemini **May 21-June 20.** Owing to your focus on the insignificant rather than on the essentials, this isn't likely to be one of your more productive days. Turn that around.

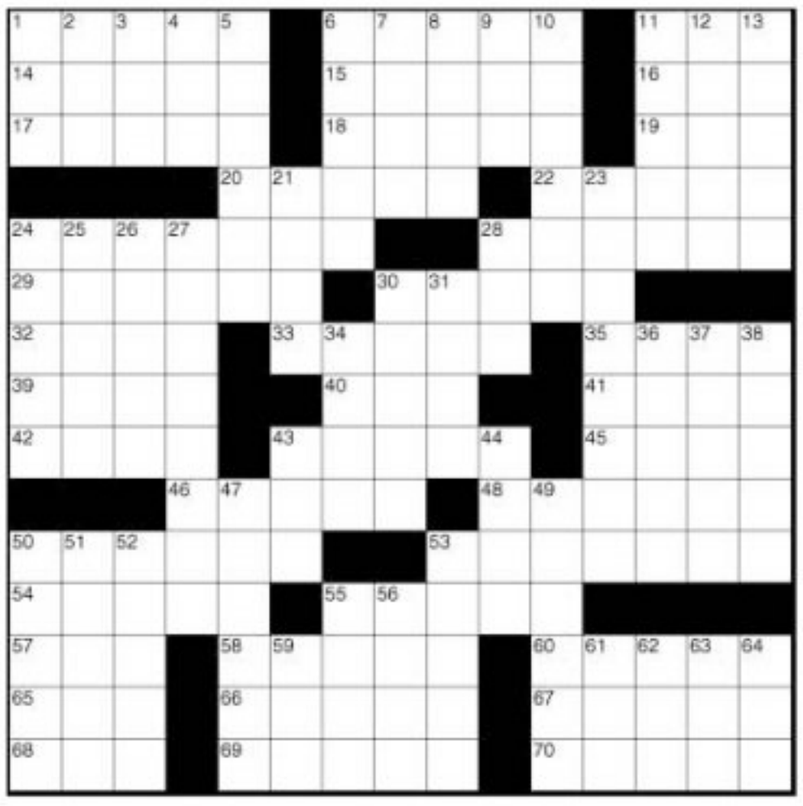
♋ Cancer **June 21-July 22.** Before making any costly plans that include a friend or associate, it's best you check first to make sure that the other party is amenable. Your pal might not be on board.

♌ Leo **July 23-Aug. 22.** Opening up a touchy domestic issue is apt to create some unnecessary friction within the household. Don't voice anything without first considering the consequences.

♍ Virgo **Aug. 23-Sept. 22.** Before pointing out others' faults, you had better take a look at your own behavior. Although you might start the critique, others will finish it.

♎ Libra **Sept. 23-Oct. 23.** Although you are likely to be quite adept at keeping large expenditures under control, it could be the smaller ones that pile up on you. Be both penny-wise and pound-conscious.

BERNICE BEDE OSOL



Across
1 Wheeled platform
6 Utters a dismal cry
11 Cousins of "um"
14 Big Dipper neighbor
15 Head or Wharton
16 Lunar new year
17 Hot rum drink
18 Ms. Ronstadt
19 S&L offering
20 Applied WD-40
22 The real —
24 Broccoli segments
28 Electrical units
29 Dwindle
30 Trite
32 Forum hellos
33 Singapore's language
35 Libra's stone
39 Not cluttered
40 Earth orbiter, once
41 Freighter hazard
42 Numbers game
43 Overpopulated
45 Therefore
46 Newscaster Connie
48 High-kicking dance
50 Spaced out
53 Toilet articles
54 Remove chalk
55 Cub or eagle
57 Dumpster
58 Grizzled
60 Kirk's lieutenant
65 Sinbad's transport
66 Ear-oriented
67 Tablelands
68 Whichever
69 Ply a pencil
70 Echo, for one

Down
1 Banned bug spray
2 Pizarro's quest
3 Youngster
4 — Soundsystem
5 Vacillated
6 Shouts
7 "Garfield" pooch
8 Meander
9 Corporate abbr.
10 Omen-seeker
11 City on the Mohawk
12 Founder of Caesarea
13 Lingers
21 Part of an agenda
23 Freezing mixtures
24 Ballpark nosh
25 Flood preventer
26 Canoe anagram
27 Updates inventory
28 Saute
30 Static —
31 Galley slaves' need
34 Pious assent
36 Shrivel with heat
37 Birdbath slime
38 Trotsky and Uris
43 Defective firework
44 Tan shade
47 Donkey's bray
49 Fall
50 Gridiron ref
51 Sky hunter
52 Ms. Lopez of golf
53 Early chemist
55 Madras garment
56 Ending for bureau
59 Royal pronoun
61 Yo!
62 Mil. branch
63 Tupac's genre
64 Blonde shade

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	1						7	8

SUDOKU **LEVEL: EASY**

		1	8		3	9		
	3			1				7
9				5			8	
5			1				3	6
			2		4			
1	9				5			8
	8			2				3
2				7			4	
		9	3		8	5		

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to weekend's crossword

Y	U	R	T	■	M	A	A	M	S	■	T	B	S	P
O	R	E	O	■	I	N	L	E	T	■	A	R	I	E
D	I	L	L	■	S	A	U	D	I	■	B	A	L	E
A	S	S	E	S	S	■	M	I	G	R	A	T	O	R
■	■	D	I	P	S	■	A	M	I	S	■	■	■	■
D	E	V	O	T	E	E	■	■	A	C	C	E	P	T
U	F	O	■	E	N	R	O	L	■	H	O	N	E	Y
E	L	L	■	■	D	U	D	E	S	■	■	A	L	P
L	A	G	O	S	■	M	E	A	L	Y	■	C	E	E
S	T	A	V	E	S	■	■	D	A	U	N	T	E	D
■	■	■	E	T	N	A	■	S	P	C	A	■	■	■
B	E	A	R	H	U	G	S	■	S	K	I	I	N	G
U	R	G	E	■	F	L	A	S	H	■	L	O	O	N
R	I	T	A	■	F	O	L	I	O	■	E	L	I	A
P	S	S	T	■	S	W	E	P	T	■	D	A	R	T

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3

In the news

MVP chatter

Celtics point guard Rajon Rondo was considered a darkhorse to be in the NBA's MVP running prior to the start of the 2012-13 season.

It now seems like a legitimate debate as Rondo returned from rolling his ankle last Wednesday against the Jazz with some outstanding play. His second 20-assist game of the season Saturday against Toronto left teammates Jason Terry and Kevin Garnett, in particular, singing the point guard's praises.

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WANT MORE PATS? CHECK OUT METRO.US/BOSTON/SPORTS FOR FULL COVERAGE

PATRIOTS 59 | COLTS 24 **Thursday: at Jets, 8:20 p.m., NBC**

▶ Julian Edelman returns a punt for a touchdown in the Patriots' shredding of the Colts yesterday in Foxboro.

Pats spank Indianapolis

Patriots tie franchise mark by putting 59 points on board against Luck's Colts ◗ Best performance of year on both sides of the ball ◗ Talib's performance in debut a mixed bag

ALL PHOTOS: JARED WICKERHAM/GETTY IMAGES

Three things we learned in the Patriots' 59-24 pounding of the Colts yesterday:

1 A SCORE FOR AQIB

The much-anticipated debut for cornerback Aqib Talib saw him return an interception 59 yards for a score. However, Talib was about 10 yards behind receiver Reggie Wayne and fortunate that Andrew Luck air-mailed the delivery. The Pats' big trade acquisition was not great in his debut, getting burned a handful of times, including twice on Luck touchdown throws. However, a few others around him made some nice plays, which may be the biggest change with Talib in the mix. One to watch is Alfonzo Dennard, the rookie cornerback who also had a pick-six. Dennard has three interceptions in his last four games.

▶ Jerod Mayo puts a hit on Andrew Luck yesterday in Foxboro.

2 SPIKED PUNCH

Every so often, Rob Gronkowski runs a route and resembles Kevin Garnett at the end of the 2009-10 season, when the Celts star basically dragged one leg behind him as he ran up and down the court. It's clear that Gronk, who is hampered by a lingering hip issue, is not 100 percent, but somehow he remains unstoppable. On Sunday he scored twice to become the first tight end in NFL history to record at least 10 TDs in three straight seasons. The big tight end has 30 catches for 453 yards and seven touchdowns in his last four games, which leaves him about on his pace to match 2011, when he produced video game numbers that appeared difficult to duplicate — especially with a bum hip and occasional upticks in blocking duties due to an altered offensive line.

3 EDGE EDELMAN

Remember when Julian Edelman was supposedly stealing Wes Welker's thunder? Hogwash. That isn't happening anytime soon, but Edelman was a star of stars for a day. He totaled 222 all-purpose yards, including 68 on a punt returned for a touchdown, two more on a touchdown catch and 47 on his only run of the day.

TONY LEE
sports@metro.us

The Live Feed

Metro's weekly running commentary on the Pats:

4:43 pm: 13-yard catch by T.Y. Hilton. Phil Simms tells us his name is Eugene ... What?

4:45: Chandler Jones is sitting on the turf and I suffered my first minor heart attack of the afternoon.

4:48: First throw against Talib and he doesn't turn around and gives up a 25-yard catch to LaVon Brazill ... he should fit in perfectly.

5:16: I take back everything I said, Talib is the greatest cornerback in Patriots history. Off an INT, he weaves his way 59 yards for a TD.

Full Live Feed at metro.us/boston/sports

Massive scare thrown at Texans

Multiple games go to OT Jets keep things interesting in silencing of Rams Redskins pound Philly

GETTY IMAGES

Andre Johnson proved to be the difference in Houston's narrow victory over Jacksonville.

NFL roundup

Going into Week 11, there were a number of games with teams heavily favored and expected to win convincingly. The one thing that always holds true in the NFL: Any team can win on any given Sunday.

Houston Texans 43 Jacksonville Jags 37

In the biggest surprise of the day, the Jaguars put up a valiant effort against one of the best teams in the AFC before falling in overtime. Houston trailed by 14 in the fourth quarter before forcing overtime. Each team kicked a field goal in the overtime before Andre Johnson's 48-yard game winning touchdown reception. Houston improves to 9-1, while the Jaguars fall to 1-9.

Tampa Bay Bucs 27 Carolina Panthers 21

Don't look now, but Tampa Bay has now won four games in a row following its come-from-behind overtime win in Carolina, scoring the game's final 17 points. Quarterback Josh Freeman threw for 248 yards and three touchdowns, while running back Doug Martin rushed for 138 yards in the win.

Dallas Cowboys 23 Cleveland Browns 20

Dallas overcame a 13-0 deficit to overtake Cleveland in overtime. Kicker Dan Bailey's 32-yard field goal with six seconds left in regulation forced overtime, and then his 38-yarder in overtime gave the Cowboys the win. Dallas is now 5-5, while Cleveland is 2-8.

New York Jets 27 St. Louis Rams 13

Following an interesting week in New York, the Jets came together and played one of their better games of the season in their convincing win on the road. The Jets defense forced three turnovers and quarterback Mark Sanchez tossed for 178 yards and a touchdown in the win.

OT feast week

A look at other scores around the league:

Saints 38, Raiders 17
Drew Brees tossed three touchdown passes as New Orleans improved to 5-5.

Broncos 30, Chargers 23
Denver opened up a three-game lead in the AFC West as Peyton Manning aired it out for 270 yards and three TDs.

Cincinnati Bengals 28 Kansas City Chiefs 6

The nightmare season continued for the Chiefs at home in their blowout loss to the Bengals as they trailed 21-6 at halftime. Benjarvus Green-Ellis led the Bengals rushing attack with 101 yards and a touchdown while Andy Dalton passed for 230 yards and two touchdowns. Cincinnati is now 5-5, while the Chiefs are 1-9.

Washington Redskins 31 Philadelphia Eagles 6

Things keep getting worse and worse for Andy Reid and the Eagles as they were demolished on the road in Washington. Robert Griffin III passed for 200 yards and four touchdowns, while also rushing for 84 yards. Eagles quarterback Nick Foles, filling in for Michael Vick, threw for 204 yards and two interceptions. Washington is now 4-6, while Philadelphia is 3-7 with Reid firmly on the hot seat.

Atlanta Falcons 23 Arizona Cardinals 19

Atlanta overcame a 13-0 deficit and five Matt Ryan interceptions to avoid the upset a home. Running back Michael Turner's touchdown with 6:42 remaining proved to be the game-winning score. Atlanta is now 9-1, while Arizona fell to 4-6 in the NFC West.

Green Bay Packers 24 Detroit Lions 20

Green Bay scored 10 points in the final 2:02 to come back and beat the Lions on the road, overcoming three Mason Crosby missed field goals. Aaron Rodgers threw for 236 yards and two touchdowns in the win. The Packers improve to 7-3, while Detroit falls to 4-6.

Fantasy Player of the Day: Andre Johnson, WR, Houston Texans. 14 catches, 273 yards, one touchdown.

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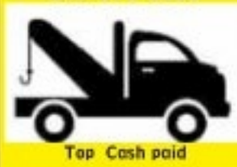

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